

**Drowning in Debt?
Reach Out!**



W|B|L|I
INCORPORATED
TRUSTEE IN BANKRUPTCY

902 482 2000 • 4debtrelief.com

**DJOKOVIC ON TOP
TENNIS STAR WINS
FIRST U.S. OPEN**

{page 21}



**NUKE BLAST
ONE DEAD, BUT
NO LEAKS AT
FRENCH PLANT**

{page 8}

Quiznos®

OVER

\$15
IN SAVINGS

SEE PAGE 3

HALIFAX

metro

Tuesday,
September 13, 2011
www.metronews.ca



News worth
sharing.

Material. Girl



► Director Madonna arrives at the gala for the film W.E. during the Toronto International Film Festival yesterday.

DARREN CALABRESE/THE CANADIAN PRESS

Fans show Madonna love

The Toronto International Film Festival runs until Sept. 18. The Atlantic Film Festival in Halifax kicks off on Thursday night.

New rule book for HRM councillors not a done deal

► Provincial approval needed to include code of conduct in charter



**JENNIFER
TAPLIN**
@METRONEWS.CA

It's been five years in the making, but implementing a code of conduct for HRM councillors may take even longer.

The code, a rule book for dealing with complaints and disputes around the council table, is based on a similar document by the Union of Nova Scotia Municipalities. Regional council approved the document in 2009, but will vote today on how to implement it.

"Actually I'm going to be asking for the matter to be deferred," Coun. Linda Mosher told Metro yesterday. "The report's not where I like it and it doesn't have enough independent transparency."

One issue is that there are no sanctions for councillors who decide not to sign it. Another is

that the code provides for a third-party integrity commissioner to settle disputes at \$800 to \$1,200 per day, plus expenses.

Mosher said she'd prefer a panel of a retired judge, a conflict-resolution professional and HRM's auditor general to settle disputes.

Mosher said she spoke to Mayor Peter Kelly and auditor general Larry Monroe yesterday, and decided it would be best to have Munroe examine the document first before it is adopted by council.

Mosher said if it's deferred today, she hopes it would be back before council in October.

Coun. Bill Karsten said he was ready to implement it in 2009.

"I was prepared then to sign anything and everything that might give our residents more confidence in terms of our commitment and transparency," he said.

He added that he believes the



RYAN TAPLIN/METRO

"We have to understand what the boundaries are, what we consider inappropriate."

COUN. LINDA MOSHER

councillors' oath of allegiance should be enough of an ethical guideline.



**Tune in to the new fall shows
on channels maple and birch.**

Choose a country lifestyle, 15 minutes from downtown.

Exit # 3 off the 103. Display Centre open Saturday and Sunday, 1 until 5

A SENSE OF PLACE



Brunello Estates

brunelloestates.com

WagJag.com

DEAL OF THE DAY!

**\$6 FOR FACES VIP CARD
(\$15 VALUE)**

HIGHLIGHTS

- Get multiple deals with multiple businesses all across the HRM

Regular Price: \$15.00

You Save: \$9.00

Discount:

60%

Buy For:
\$6



Buy For:
\$69



**\$69 FOR A THREE-MONTH
MEMBERSHIP INCLUDING ALL
CLASSES AT PALOOKA'S
EXECUTIVE FITNESS
(\$247.25 VALUE)**

HIGHLIGHTS

- 24/7 access
- Mature club environment with minimum age requirements
- Boot Camp; Yoga; Co-ed and Women's Only Boxing classes
- Hand and shower towel service
- Complimentary day locker use
- Boxing area with heavy bags and speed bag

Regular Price: \$247.25

You Save: \$178.25

Discount:

72%



Visit: **WagJag.com**

Follow us on:   facebook.com/wagjaghalifax
[@wagjaghalifax](https://twitter.com/wagjaghalifax)

Hurry to WagJag.com to purchase local deals before time runs out.

Police arrest 'agitated man'

Police were called to Charles Street yesterday morning for a report of an "agitated man" allegedly holding shotgun shells.

Halifax Regional Police got the call at 8:45 a.m., but couldn't find the man when they arrived at the 5500 block of Charles Street. But they found him a short distance away less than an hour later.

The man was arrested and taken to the hospital under the Involuntary Psychiatric Treatment Act, but released from hospital shortly after.

As of yesterday afternoon, the man was in police custody as investigators waited on a warrant to search his residence.

● METRO

Cape Breton University gifted \$2M

Cape Breton University has received the largest donation in its history — a \$2-million gift from a Sydney family.

The donation by Joe and Ruth Shannon and family will go to the institution's Shannon School of Business and the Purdy Crawford chair in aboriginal business studies.

Joe Shannon is the chairman of the campaign to raise \$8 million for the business school and \$4 million for the Purdy Crawford chair. To date, \$9.6 million has been raised. **THE CANADIAN PRESS**

NSPI seeks to delay rate increase until 2013

- Deferral plan based on assumption paper mill will not reopen next year
- Province and NewPage still looking for potential buyers



STEVE WADDEN/CAPE BRETON POST

► The NewPage mill in Point Tupper is seen through a chainlink fence on Aug. 23, the day after the company announced the mill would be shutting down indefinitely.



ALEX BOULIER
@METRONEWS.CA

Nova Scotia Power Inc. wants to defer any uncovered fixed costs related to NewPage Port Hawkesbury's closure until 2013.

In a response to consumer advocates submitted to the Nova Scotia Utility and Review Board yesterday, the private utility suggested putting off the recovery of fixed costs for 2012.

Despite having to burn less fuel as a result of the collapse of NewPage, the utility's largest customer,

which shut down the first of two paper machines this past weekend, NSPI is arguing the company covered a large portion of its fixed costs.

The resulting gap, according to the utility, is \$32 million.

That cost would be tacked on to another general rate increase application next year, or added to the fuel adjustment process in 2012.

"We don't know whether NewPage will come back into service in the next few months, or sometime next year, or at all," said NSPI spokesman

Extra costs

- **Possible jump.** With the loss of NewPage, NSPI suggests the 2012 rate increase could jump from 7.2 per cent to 10.5 per cent.

- **Recovering costs.** The utility isn't asking for such an increase in 2012 — but will seek to recover the costs the following year.

David Rodenhiser.

"In the event that the mill doesn't resume production next year, the proposal we put forward will

protect our other customers from paying additional cost in 2012 ... until 2013."

There's also the matter of a reported \$10-million energy bill not paid by NewPage, which was granted protection from its creditors last Friday.

In its submission, the utility said it's now "imperative" that large industrial consumers provide "security for the payment of their account."

NSPI wants the UARB to include the issue as part of the rate hearings, which are scheduled to begin next Monday.

1

news


Astronomers say they've discovered a potentially livable planet. Only problem is the 50-degree heat. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web

Allan Small says that better leadership on the part of the U.S. and the European Union could lead to a rebound in markets. Video at metronews.ca

Follow us on Twitter
@metrohalifax

SOUTHERN BBQ PULLED PORK



\$2 OFF any lrg. sub
OR
\$1 OFF any reg. sub



Quiznos

Excluding Everyday Value. Coupon must be presented when ordering. One coupon per customer visit. Cannot be combined with any other offer. Taxes extra. Valid at participating stores in Canada. No substitutions or cash value. Exp. Oct 31, 2011. CLUH 1246

50% OFF ANY SUB with the purchase of a regular fountain drink



Quiznos

Excluding Everyday Value. Coupon must be presented when ordering. One coupon per customer visit. Cannot be combined with any other offer. Taxes extra. Valid at participating stores in Canada. No substitutions or cash value. Exp. Oct 31, 2011. CLUH 8030

BUY 1, GET 1 FREE of equal or lesser value with the purchase of 2 regular fountain drinks



Quiznos

Excluding Everyday Value. Coupon must be presented when ordering. One coupon per customer visit. Cannot be combined with any other offer. Taxes extra. Valid at participating stores in Canada. No substitutions or cash value. Exp. Oct 31, 2011. CLUH 8010

• Visit Quiznos.ca to find the store nearest you •

Councillor looks to crack down after dog attacks

► Dog owners should pay for medical expenses: McCluskey ► Decision to euthanize animal after attack based on severity and determined by courts



JENNIFER
TAPLIN
@METRONEWS.CA

Dartmouth Coun. Gloria McCluskey is on a rampage against bad dog owners.

McCluskey is asking Halifax regional council today to toughen up the animal bylaw after several dog attacks this summer.

"A lot of people are afraid to go walking anymore," she said, exasperated.

McCluskey wants to completely review the dog

72

The number of incidents this year where dogs injured humans or other dogs in HRM.

bylaw, but she said she's not interested in banning specific breeds of dogs.

"Because I don't know where you would stop and when you would end."

A string of dog attacks made the news in last

month: A small dog died from its injuries from an attack in Dartmouth on Aug. 22; a dog broke from its collar in Dartmouth and caused serious head wounds to another dog on Aug. 26; and a woman was attacked by a dog at Martinique Beach on Aug. 29.

"What I want to see is responsible pet owners and those who are not responsible to be penalized," McCluskey said.

Right now the standard ticket is \$340.21 — that's for everything from an unli-

censed dog or a dog that attacks. McCluskey said the fine for a dog attack should be raised to a minimum of \$1,000 or jail time if the owners don't pay.

She also wants to ban retractable leashes.

But Kristin Williams, executive director of the Nova Scotia SPCA, said restricting leashes has its limitations.

"That would only be impactful if the dogs were properly trained and training is ultimately the responsibility of the caregiver," she said.

Hmm. Lunch



► Ben Haley, of Halifax, reels in a catch during some lunch-hour fishing at the Halifax waterfront yesterday. This pollock was one of several fish Haley caught.

PHILIP CROUCHER/METRO

Catch of the day along the Halifax waterfront



► Graham
Steele

Province to update budget forecast

Finance Minister Graham Steele will provide the first forecast update on his 2011-12 budget at 1:30 p.m. today in Halifax.

In April, the Department of Finance predicted a \$389-million deficit for 2011-12, further in the red

than its December 2010 forecast of a \$370-million deficit.

Budgeting can be tricky. In April 2010, the province predicted a \$222-million deficit only to reveal a shocking \$447-million surplus a year later. ● METRO

More online

► Visit metronews.ca/politicsasusual for live coverage of today's fiscal update.

Former MLA expected to plead guilty to charges

ALEX BOUTILIER
@METRONEWS.CA

Embattled former MLA Dave Wilson is expected to plead guilty to charges stemming from the MLA expense scandal in a Sydney courtroom today.

The former Liberal representative for Glace Bay is charged with one count of fraud over \$5,000, one count of breaching the public trust and 31 counts of uttering a forged document. Of the four MLAs charged in the scandal, Wilson has the longest list of charges.

According to Crown at-



► Dave
Wilson

torney Andrew Macdonald, Wilson's lawyer requested the judge-only trial be moved to Sydney in the last court appearance.

His lawyer said such a move "would be on the understanding that there would be a guilty plea."

WITH FILES FROM
THE CANADIAN PRESS

ROADS

Public plays key role in DUI arrests

Concerned citizens continue to help police in nabbing drunk drivers across HRM.

Halifax police issued their impaired driving statistics for August, which show 67 people were charged last month — with 31 of those ar-

rests being called in by the public.

Another 32 were identified by police patrols, and there were four from accidents.

Of those charged, 56 were men and 11 women. They ranged in age from 20 to 69.

Blood-alcohol readings ranged between 90 to 370 milligrams of alcohol in 100 millilitres of blood.

There were also two incidents of impairment by drugs and seven people charged for refusing the breathalyzer.

● METRO

Masked man robs McDonald's

Police are looking for suspects after a man armed with a knife held up a McDonald's restaurant in Halifax.

Police say the man was wearing a mask when he confronted staff late Sunday night at the restaurant at 6324 Quinpool Rd. He took some cash, left through a rear door and jumped into a waiting vehicle.

There were no injuries. Police are looking for a grey vehicle and a man who's about five foot seven and 145 pounds.

THE CANADIAN PRESS

Police stumped by shooting

Police say they have no motive after a house in Dartmouth was fired at late Sunday night.

Halifax Regional Police received a report of a window being shot out in the vicinity of Cranberry Crescent.

A weapon was recovered and police questioned several suspects in connection with the incident — three men and one male youth. All four were released as police continue its investigation.

One of the men arrested was found to be in possession of brass knuckles.

THE CANADIAN PRESS

Academy building gets facelift

Film students taking classes in the Academy building are noticing a big difference this school year.

The historic red-brick building at the corner of Brunswick and Sackville streets received a \$4-million facelift.

It's home to the Nova Scotia College of Art and Design's film studies. Eight months of renovations were completed in March, and it means students now have new classrooms, studio space, and screening, sound and editing rooms.



► The film studio inside the re-done Academy building.

CineFlux, a research centre for emerging cinema and media arts, is also

based there.

The building dates back to 1878 and it was a boys-

Renovations

► The cost of the renovations was split between the federal and provincial governments.

only high school until 1885. An addition was constructed in 1917 and NSCAD took over the building in 2003.

● METRO



For more local news visit metronews.ca/halifax

Spending among councillors varies

When it comes to spending, not all of Truro's six town councillors are created equal.

According to official town documents for the 2010-11 fiscal year, councillors' spending for travel and other expenses such as meals, accommodations and phone usage ranged from more than \$27,000 to about \$1,400.

And the biggest spender, Coun. Greg MacArthur, is making no apologies.

"I'm not going to apologize because I have the highest bill," said MacArthur, who spent \$27,333.

"I'm one of the most active councillors and I took advantage of going to conferences. ... The town was lucky I went to them."

MacArthur said going to conferences throughout the year provides him with education, especially on issues such as heritage, police and recreation.

TRURO DAILY NEWS



RBC Insurance®

Who knew talking about life insurance could actually be fun?



Get a \$25 Toys"R"Us gift card when you come in to talk about your life insurance needs.*

We know nothing is more important than your family. Our advisors have the expertise and experience to work with you to find a policy to help protect your family's financial future. Our no obligation life insurance assessments take just 20 minutes and you'll receive a \$25 Toys"R"Us gift card.

Call your local RBC Insurance® branch to book an appointment or to have an advisor come to you.

At 50 Tacoma Drive
off of Gordon Avenue, Dartmouth
902-421-2161

At 287 Lacewood Drive
near Dunbrack Street, Halifax
902-421-5518

Insurance advice for your life™

| HOME | AUTO | LIFE | HEALTH | TRAVEL | BUSINESS | RETIREMENT |



Underwritten by RBC Life Insurance Company.

©Registered trademarks of Royal Bank of Canada. ™Trademarks of Royal Bank of Canada. Used under licence. *Cannot be used in conjunction with other offers. Offer valid from April 1, 2011 to October 31, 2011 or while supplies last. Offer available only after completing an RBC Insurance life insurance assessment. Offer available only at participating locations. Slinky® is a registered trademark of POOF-Slinky, Inc.

New Access-A-Buses to be mulled

► 10 replacements needed: Report



JENNIFER TAPLIN
@METRONEWS.CA

The Access-A-Bus waiting list might dwindle or even disappear in the next three years.

A \$1.4-million contract for 16 new para-transit buses over three years is on today's council agenda for approval.

Over 1,800 HRM resi-

dents use Access-A-Bus to get to their doctor or other necessary appointments.

People are screened as to need and can book reservations on the system. But on average, there are 30 to 50 names a day on the wait list.

HRM has 30 Access-A-Buses, but only 25 are working on a daily basis as six are needed as spares.

A staff report to council

says the medium-duty buses need replacement every five years or they won't be reliable.

Ten buses need to be replaced by 2015, according to the Access-A-Bus Strategic plan.



For more local news
visit www.metro.ca/halifax

Bus budgeting

► The staff report says by approving the contract, council secures the pricing and availability of the buses for the next three years but the actual purchase of the buses will be approved in each annual budget.

MEDECINS SANS FRONTIERES
DOCTORS WITHOUT BORDERS

Imagine
just 3 minutes
to gather your family
and flee.

**REFUGEE CAMP IN THE
HEART OF THE CITY**

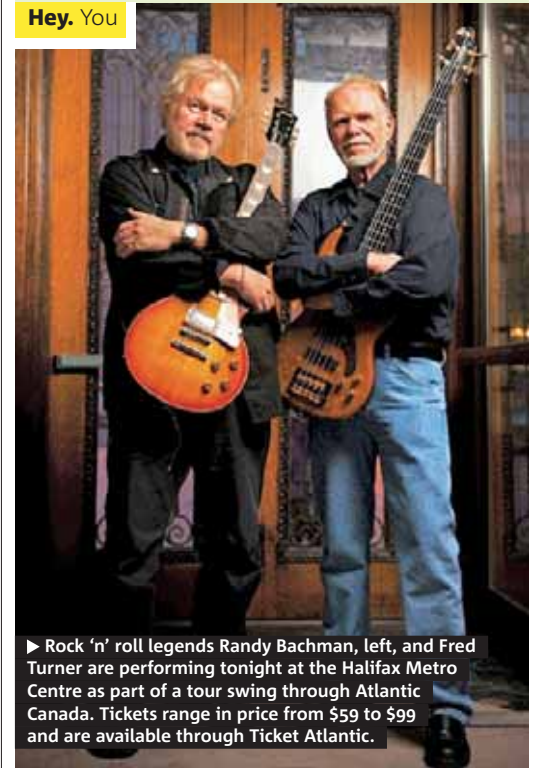
Experience our free interactive exhibit

The Garrison Grounds, Halifax Sept 15 – 18

www.refugeecamp.ca

© Roger Turesson-Morin

Hey. You



► Rock 'n' roll legends Randy Bachman, left, and Fred Turner are performing tonight at the Halifax Metro Centre as part of a tour swing through Atlantic Canada. Tickets range in price from \$59 to \$99 and are available through Ticket Atlantic.

CONTRIBUTED

Duo take care of business

More than big waves at this surf film fest

The second annual Canadian Surf Film Festival revealed its 2011 lineup yesterday, which features the Canadian premieres of eight films.

The festival, which runs from Sept. 29 to Oct. 2 with all films shown at Empire Theatres Park Lane, kicks off with the Canadian premiere of *Splinters*, a film shot in Papua New Guinea about the lead-up to a surfing competition in a traditional society facing the pressures of modernization.

The festival isn't all about pretty pictures of big waves, however.

Several films explore the environmental and social aspects of surfing, including *Manufacturing Stoke*, a film about the ecological impact of the surfing industry, and *Somewhere Near Tapachula*, which tells the story of a Mexican orphanage using surfing as a rehabilitation tool.

Tickets for screenings go on sale today through Ticket Pro.

● ALEX BOUTILIER

Surf's up

► Visit canadiansurffilm-festival.com for complete event details.

Shooting hoops helps newcomers find friends and advice

Coming from the basketball-loving Philippine Islands, Ronald Miranda was happy when he saw the neighbourhood basketball court after arriving in Kitchener, Ontario. Little did he know, the game would help him find new friends who would offer sound financial advice.

It all began when the software engineer came to Canada in 2008 to accept a job with a high-tech company. While Ronald was excited to bring his wife and daughter to North America, reality soon set in. "We didn't know anyone here. We had no family and no idea where to get groceries or other necessities," recalls Ronald.

Fortunately, new friends showed them around, including the local basketball court where their families gathered for Friday night games. The growing roster of players included Cris Santos, a Philippine native, and Branch Manager at Scotiabank's Courtland & Shelley branch, in Kitchener, Ontario.

"The game created an extended family for us," says Cris, who adds that basketball helped ease his own transition to Canada when he arrived six years earlier. "Sports can help build a community for newcomers who share all kinds of first-hand advice and experience."

Off the court, Ronald turned to Cris to understand the banking system and when Ronald saw plans for the perfect four-bedroom home, he connected with Cris once again for a mortgage¹ pre-approval.

"I ask newcomers about their goals so that they can start working towards them," says Cris. He suggests that newcomers who plan to settle in Canada should think about buying a home or other longer-term goals. "I tell them about pre-authorized contributions to high-interest savings accounts, to save for a downpayment, or Registered Education Savings Plans (RESP)² for their children's future," explains Cris, who mentors at the YMCA Cross Cultural and Immigrant Services Centre.

Cris can appreciate how the right advice when starting out makes for long-term success, since he is providing first-hand advice. While Cris and his wife were veteran bankers in the Philippines, they had to learn the Canadian banking system before landing jobs at Scotiabank (Maria Santos is a Personal Banking Manager at 14 Fischer-Hallman Road North in Waterloo).

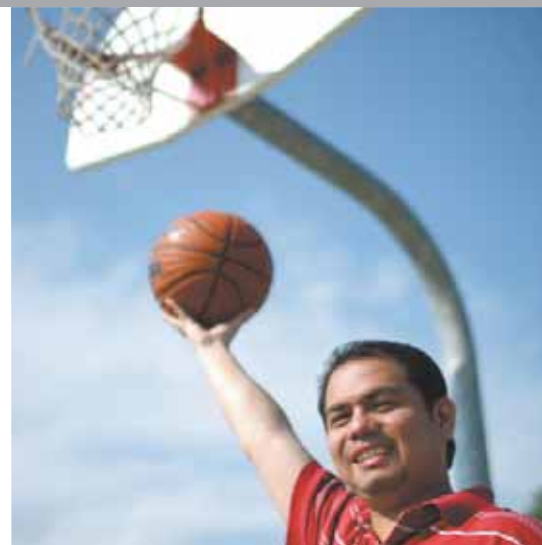


"Since we were newcomers, we can empathize with others and are able to guide them and provide trusted solutions suited to their needs," adds Cris. For example, The **Scotiabank StartRight** Program³ for Newcomers includes a free day-to-day bank account for one year⁴, a wide range of VISA[®] card options⁵ and a number of other customized services and benefits.

For Ronald, the weekly basketball games enabled his family to build a group of friends who now camp and picnic together, plus a **Scotia**[®] advisor who helped them obtain their new home earlier this summer.

"It started with a small basketball group and the rest is history," remarks Ronald. "Now, when I meet other newcomers, we invite them to play ball and point them to Cris for good advice."

THIS ADVERTORIAL IS PREPARED BY SCOTIABANK.



Good advice from Scotiabank helps Philippine native Ronald Miranda enjoy court time with his family.



"Baljit helped open the door to my credit history in Canada"

The **Scotiabank StartRight**[®] Program¹, specially designed for newcomers, helps build your credit history right away. You need a credit card² to open financial doors and get all the things you need to settle quickly in Canada. Let one of our knowledgeable advisors show you how.

Start Right Here. Find your nearest Scotiabank branch, visit scotiabank.com/startright or call 1-866-800-5159.

Scotiabank
StartRight[™]
PROGRAM FOR NEWCOMERS

BANKING • ESTABLISHING CREDIT • OWNING YOUR HOME • SAVING

1. Subject to applicable credit approval, Scotiabank residential mortgage standards and maximum permitted loan amounts. CMHC/Genworth Financial Canada mortgage default insurance is required for Loan to Value ratios (LVRs) greater than 65%. The maximum is 95% LVR for Permanent Residents at both CMHC and Genworth Financial Canada. For Foreign Workers, the maximum is 90% LVR at CMHC and 95% at Genworth Financial Canada.
2. Scotiabank RESPs are held with the Bank of Nova Scotia Trust Company.
3. The **Scotiabank StartRight** Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.
4. Offer available for one year when you open a new **PowerChequing**[®] account with Scotiabank. Free banking refers to personal account level service fees only. This includes all account monthly transaction fees. It does not include fees not covered by your banking package nor fees charged by other financial institutions. Fees not covered with the **PowerChequing** account, including access fees to use non-Scotiabank banking machines (e.g. Interac, VISA or PLUS fees), continue to apply. Cardholder service fees continue to apply for using the cross-border debit service.
5. Subject to meeting Scotiabank's credit criteria and security requirements.
[®]Registered trademarks of The Bank of Nova Scotia.
[™]VISA Int./Lic. user The Bank of Nova Scotia.
[®]Interac Inc. owner of mark Interac. The Bank of Nova Scotia is an authorized user of the trademark.

[®]Registered trademarks of The Bank of Nova Scotia. [™]Trademark of The Bank of Nova Scotia. [®]VISA Int./Lic. user The Bank of Nova Scotia.
The **Scotiabank StartRight** Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers. Subject to meeting Scotiabank's credit criteria and security requirements. A secured VISA[®] card for International Students requires security equal to 120% of approved credit limit. An unsecured VISA card may be available for Foreign Workers and Landed Immigrants/Permanent Residents, up to certain credit limits; a secured VISA card requires security equal to 100% of approved credit limit. VISA card security can be cash security, Canada Savings Bonds or Guaranteed Investment Certificate. In addition, to be eligible for a personal borrowing product, you must be a Canadian resident and have reached the age of majority: 18 years for PEI, QC, ON, MB, SK, AB, and 19 years for NL, NS, BC, YT, NT, Nunavut. Currently the Auto Loan Program is available through select car dealerships in Canada: Kia, Chrysler, Hyundai, Jaguar/Land Rover, Mazda, Mitsubishi and Volvo. This program is only available for Landed Immigrants and Foreign Workers. Subject to Scotiabank financing terms and conditions. Downpayment required.

One dead in nuke blast

► No radioactive, chemical leaks at French waste facility, officials say

An explosion at a nuclear waste plant in southern France killed one person and injured four yesterday. Officials said there was no radioactive leak, but critics urged France to rethink its nuclear power in the wake of the catastrophe at Japan's Fukushima plant.

The Nuclear Safety Authority declared the accident "terminated" less than an hour after the blast at a furnace in the Centrac site, in the southern Languedoc-Roussillon region, about 32 kilometres from Avignon. One of the injured suffered severe burns.

The building that houses the furnace wasn't damaged and residents who live

Nuclear nation

► France is the world's most nuclear-dependent nation. It relies on its 58 nuclear power plants for about three-quarters of its total electricity. It's also a major exporter of nuclear technology.

near the site were not evacuated, the agency said.

The cause of the accident is not known and is under investigation.

Officials yesterday downplayed the incident. "It's an industrial accident and not a nuclear accident," Industry Minister Eric Besson said.

THE ASSOCIATED PRESS

Glimpse. Of hell

► Joseph Mwangi sits in a state of shock after learning two of his children were killed in an explosion yesterday in Nairobi. A leaking gasoline pipeline in Kenya's capital ignited, turning part of a slum into a fireball in which at least 75 people burned to death.



BEN CURTIS/THE ASSOCIATED PRESS

Gas inferno rocks Nairobi

Lone player to survive crash dies

YAROSLAV NEYOLOV/THE ASSOCIATED PRESS



► Alexander Galimov

The only member of a Russian hockey team to survive a plane crash that killed 44 people died of his injuries yesterday.

The Vishnevsky hospital in Moscow said Alexander Galimov, 26, died of the severe burns that covered about 90 per cent of his body, despite the efforts of doctors in its burn unit, considered one of the best in Russia.

The crash Wednesday of a chartered Yak-42 jet outside the western city of Yaroslavl took the lives of 28 players, two coaches — including Canadian Brad McCrimmon — and seven other staff of the Lokomotiv Yaroslavl hockey club. The only other person to survive, flight crew member Alexander Sizov, remains in intensive care.

Unlike many other members of Lokomotiv who were European Union citizens and once played in

the NHL, Galimov was a native of Yaroslavl and a product of its youth program. His initial survival had inspired the entire city, where the team was a source of great pride.

"All of Yaroslavl, all of the country, all of the world followed the doctors' words, believing, hoping, praying that he would defeat death and remain with us," Sergei Vakhrukov, the Yaroslavl governor, said yesterday.

THE ASSOCIATED PRESS



Take Me Home! Cube • A Handsome Boy

Cube is a 4 year old boy looking to find a forever home. He is energetic, loves people and can be very playful. He enjoys long walks on the beach and prefers to keep himself surrounded by people who love him. Cube is best suited for a home with children 5 years old and older and gets along well with other dogs.

For more information on Cube and other adoptable furry friends, visit metro.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@metro.spcans.ca

BROUGHT TO YOU BY:



278 Lacewood Drive
Clayton Park
431-8665



METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

YOU COULD

WIN

THE ULTIMATE CELEBRITY EXPERIENCE

FROM

sambadays.com
Gift experiences



A makeover
One night stay
Dinner for two
Two movie tickets



Select from over 65 spas and 40 hotels/inns across Canada

To register and for full contest details visit clubmetro.com

GET
FREE SHIPPING
ENTER
promo code
CLUBMETRO

FREE SHIPPING of any Samba Days Gift Experience when you enter the promo code "CLUBMETRO" at sambadays.com

High Tide



► Gales and high tides sweep the coast at Blackpool, in the northwest of England, as the remnants of Katia hit British shores yesterday. The second stage of the Tour of Britain was cancelled for safety reasons across yesterday's competition route.

JOHN GILES/THE ASSOCIATED PRESS

Katia rocks along British coast

Britain's weather agency says the tail end of former hurricane Katia could bring the worst storms to hit the country since Hurricane Lili struck in 1996. Britain's Met Office said Katia was hitting parts of Northern Ireland, North Wales, Northern England and parts of Scotland yesterday.

Embassy to reopen in Libya

Canada is reopening its embassy in Libya's capital, even as fighting continues in pockets of the country still held by loyalists of the hunted dictator Moammar Gadhafi, The Canadian Press has learned.

Sources say a small team of diplomats, led by Canada's ambassador to Libya, Sandra McCardell, arrived in Tripoli on the weekend to conduct a security assessment.

Officials wouldn't comment on the state of Canada's abandoned diplomatic mission but said McCardell would have to deal with "refurbishing and securing" the

premises.

The diplomats have set up shop at an alternative location in Tripoli, and expect to be joined by a full contingent of foreign-service officers to get operations up and running, sources say.

Canadian fighter jets played a major role in the UN-mandated NATO-led bombardment to protect civilians from Gadhafi, who has ruled the north African nation with an iron fist for about four decades.

Gadhafi's regime has crumbled but the dictator himself remains at large. From hiding, he urged his followers yesterday to

keep up the fight.

Canada joined several dozen other countries this past spring by recognizing the Libyan rebels, the National Transitional Council, as the true representatives of the Libyan people.

In June, Foreign Affairs Minister John Baird visited the rebels in their stronghold of Benghazi in eastern Libya but stopped short of establishing a diplomatic outpost there as some NATO allies had chosen to do.

Baird is to give further details of Canada's diplomatic re-engagement with Libya this morning.

THE CANADIAN PRESS

Reaching for the Topp

► NDP caucus retreat begins today in Quebec City

FRED CHARTRAND/THE CANADIAN PRESS



► Brian Topp

Promising he will defeat the Conservative government, NDP president Brian Topp has launched a bid to replace the late Jack Layton as party leader.

The fluently bilingual Montrealer is the first to formally enter the race to succeed Layton, who died last month from cancer.

"No one can replace Jack," Topp declared at a news conference yesterday. "But we can honour him by making sure his dream of social justice will never die. We can carry on his work. That's my pledge today."

Topp's name surfaced early as a possible contender in the NDP leadership race. He has worked in NDP backrooms for years, and was a close confidant of Layton.

Topp noted nearly 60 per cent of Canadians did not vote for the Tories, and said replacing Conservative Prime Minister Stephen Harper was "a piece of unfinished business."

"I'll lead a caucus that works harmoniously and seriously as a govern-

ment-in-waiting," he said. "And then, we'll win. And then, we'll govern well."

He said he will expose Harper's "failed record" before winning the next election and forming Canada's first NDP government in Ottawa.

"And that day will be a great day, a new dawn for every Canadian across this country."

Former NDP leader Ed Broadbent, who nominated Layton for the leadership eight years ago, said he is backing Topp as the most qualified candidate.

"Now we need another builder, one who will take us from leader of the official Opposition to the Prime Minister's Office," Broadbent said.

"Brian Topp is that person. He has the political

NDP status

► The late Jack Layton led the New Democrats to unprecedented success in the May 2 election, surging the party to official Opposition status for the first time, winning 103 seats, including 59 in Quebec.

► Brian Topp's name surfaced early on as a possible contender in the NDP leadership race.

► Other potential candidates include deputy leader Thomas Mulcair and MPs Peter Julian, Charlie Angus, Paul Dewar, Robert Chisholm, Nathan Cullen, Romeo Saganash, Megan Leslie and Peggy Nash.

► The leadership convention is scheduled to be held March 24 in Toronto.

and intellectual substance we need to meet today's challenge. He has the qualities Canadians need in a prime minister. He is ready now."

THE CANADIAN PRESS

Nunavut tackles suicide

The government of Nunavut is hoping that better-trained teachers and more mental-health facilities will bring down suicide rates that are the highest in Canada.

The measures are part of a plan on suicide prevention released in Iqaluit.

The territory hopes that better communication between mental-health workers and teachers will catch at-risk students. It also proposes mental-health centres for Nunavut, which currently has

none.

But the plan doesn't identify how much the measures would cost and who would put up the money.

The suicide rate for Inuit youth is 11 times the national average and Nunavut has had 23 self-inflicted deaths so far this year.

THE CANADIAN PRESS

0% PURCHASE FINANCING, FOR UP TO 60 MONTHS



Drive@earth



Lancer GTS model shown

from **\$15,398***
INCLUDES FREIGHT & PDE

ADRENALIN DAYS

LESS

EDUCATION
EDGE
\$500
REBATE

LOYALTY
PROGRAM
\$500
REBATE

\$500
MILITARY REBATE
If applicable

2011 **Lancer DE**
\$89.94*
FROM
BI-WEEKLY
INCLUDED FREIGHT & PDE

10YEAR
160,000 km
POWERTRAIN LTD WARRANTY

BEST BACKED CARS IN THE WORLD
Want to know more? Visit mitsubishi-motors.ca

METRO MITSUBISHI

APPLY ONLINE FOR
FAST APPROVALS!

230 WYSE ROAD, DARTMOUTH, BETWEEN THE BRIDGES
1-888-764-8509 www.metromitsubishi.ca

Dominatrix says tabloid twisted tale to protect politician

A dominatrix's sensational story of sex, cocaine, and tabloid wrongdoing has re-

vived questions over the relationship between Rupert Murdoch's scandal-hungry News of the World and Britain's Treasury chief, George Osborne.

Former escort boss Natalie Rowe, in a television interview aired yesterday, said the tabloid deliberately twisted her claims that she and the Conservative Party politician used to snort cocaine together years ago so

that Osborne was not tainted in the scandal.

The idea that Osborne — now one of the country's most powerful politicians — could have been deliberately cast in a sympathetic light by a Murdoch paper has raised new questions about whether the now-defunct tabloid was playing favourites with its political exposés.

THE ASSOCIATED PRESS

Chirac accused of taking African money to run 2002 campaign

► French presidential palace says claim 'totally baseless'

Former French president Jacques Chirac and former prime minister Dominique de Villepin received an estimated \$20 million in illegal cash from West African leaders, a lawyer who claimed to be the go-between said yesterday.

Lawyer Robert Bourgi said he handed over suitcases filled with cash between 1995 and 2005, including \$10 million from the leaders of Senegal, Burkina Faso, Ivory Coast, Gabon and Republic of Congo for Chirac's 2002 presidential campaign.

Both Villepin and Chirac's lawyers denounced the claims.

The explosive allegations come as Chirac is on trial for unconnected corruption charges related to his years as Paris mayor, and as the campaign for next year's French presidential elections is heating up. The claims revived uncomfort-



► Jacques Chirac, right, speaks with Dominique de Villepin on May 9, 2007.

able questions about France's cosy relations with autocratic regimes in its former African colonies.

In an interview yesterday on radio, Bourgi said "the entirety of (France's) political class knew there was hidden financing."

Chirac's attorney, Jean Veil, has said the former French leader is going to press defamation charges against Bourgi, calling the timing of the claims "at the very least suspicious, if not scandalous."

THE ASSOCIATED PRESS

Our wages = Your profit

Small and medium-sized businesses in Nova Scotia rely heavily on the local consumer. Whether it's a restaurant or a car dealership, a furniture store or electronics big box store, without local buying power, these businesses would be hard-pressed to keep the lights on.

That's why CUPE is taking this opportunity to remind the business community that the **tens of thousands of public sector workers** in this province who spend most of their hard-earned wages (and pension income) right in their own communities are a major driver of our economy.

In fact, if you try to imagine a Nova Scotia town or city without the public sector – and the decent-paying jobs that it provides – you will quickly realize the vital economic role it plays.

In most Nova Scotia communities, usually it's the hospital, or the school board, or the university that's the largest employer.

Something to think about the next time you hear special interest groups calling for deep jobs cuts to the public sector, or championing attacks on public sector pensions.

And speaking of pensions, did you know that the average pension of a CUPE member is just \$17,000 a year – hardly what you would call 'gold-plated'.

Over the coming months, CUPE members across the province will be using our very own 'business cards' to provide local businesses with this timely reminder.



A message from the **18,000 CUPE members** and their families who live and shop from one corner of the province to the other!



Obama wants his jobs plan passed now



► Barack Obama

U.S. President Barack Obama bluntly challenged Congress yesterday to act immediately on his new jobs plan, brandishing a copy of the legislation at the White House and demanding: "No games, no politics, no delays."

Surrounded by police officers, firefighters, teachers, construction workers and others he said would be helped by the \$447-billion US package, Obama said

the only thing that would block its passage would be lawmakers deciding it wasn't good politics to work with him. "We can't afford these same political games, not now," Obama said.

Obama will also travel across the country to build public support for the package he unveiled to Congress last week in attempt to jump start the economy and turn around his worsening political fortunes as he heads toward the 2012 presidential election.

Obama's plan has to clear a politically divided Congress, which could scuttle it entirely or enact bits and pieces of it. As envisioned by Obama, state and local governments would receive \$50 billion for transportation projects, \$35 billion for school, police and fire department payrolls, \$30 billion to modernize public schools and community colleges, and \$15 billion to refurbish vacant and foreclosed homes or businesses. THE ASSOCIATED PRESS

Anthem is hate: Judge

► Crowd sings Boer song defiantly outside courtroom in Johannesburg

The black man who leads the youth wing of South Africa's governing party has no right to sing a song some whites find offensive, a judge said yesterday.

Judge Collin Lamont went further than AfriForum, the white-rights group that brought the hate-speech lawsuit, had demanded by saying that all South Africans, not only Julius Malema, should refrain from singing Shoot the Boer. Criminal cases can now be brought against those who sing the song or quote its lyrics.

The judge said that while such anthems had their place during apartheid, they constitute hate speech in a society struggling to redefine its race relations.

The court case is sepa-

rate from Malema's ongoing African National Congress disciplinary hearings, which also have drawn wide attention.

Boer means farmer in the language of South Africa's Dutch descendants know as Afrikaners and is broadly used to refer to whites and Afrikaners.

Malema, 30, has testified throughout the year, arguing that the song Shoot the Boer is not a literal threat against whites but is a symbolic call to fight oppression.

While the judgment may be seen as a setback, Malema, 30, might use it to rally support from South Africans who see the song as part of the heritage of the anti-apartheid movement. In a statement, the ANC said it was "appalled"



► African National Congress Youth League (ANCYL) members sing Shoot the Boer yesterday in Johannesburg after a judge ruled the black man who leads the youth wing of South Africa's governing party has no right to sing the song some whites find offensive.

by the decision, but would respect it while deciding what steps to take.

The judge said he hoped the attention the trial had drawn, and his decision to allow much of it to be

broadcast, would help South Africans heal by learning about each other after decades of being separated by the violence and injustice of apartheid.

THE ASSOCIATED PRESS



STILL FRIED AFTER SLEEPING ALL NIGHT?

If you find yourself nodding off at work, driving or in front of the tv due to poor sleep - we can help!

Atlantic SLEEP APNEA SERVICES

Lower Sackville 864-6076 • Dartmouth 469-2550
Bridgewater 527-2333 • Truro 895-9357
www.atlanticsleepapnea.ca

Only Until Sept. 30, 2011

Save the 15% HST

On all pre-arranged burial and cremation services.

- \$0 down payment
- No interest or administration fees for up to 60 months



Learn why and how to preplan a funeral.

Noon Sept 14

A.L. MATTALL
Funeral Home
217 Portland St
481-0700

Noon Sept 21

CRUIKSHANKS
Funeral Home
2666 Windsor St
423-7295

Noon Sept 20

J.A. SNOW
Funeral Home
339 Lacewood Dr
455-0531

No selling will take place. Light lunch served Please RSVP



Introducing Our Best Value

HOME PHONE

\$18⁹⁵
/month



15 Features included

**UNLIMITED CANADA
EXTRA 500 min*
WORLDWIDE CALLING**

44 Countries Including:

Andorra, Luxembourg, Argentina, Macedonia, Australia, Malaysia, Austria, Netherlands, Belgium, New Zealand, Brunei Darussalam, Norway, China, Croatia, Peru, Cyprus, Poland, Denmark, Portugal, France, Romania, Germany, Russia, Greece, Slovakia, Hong Kong, Spain, Hungary, Sweden, Iceland, Switzerland, India, Taiwan, Ireland, Thailand, Israel, United Kingdom, Italy, U.S.A., Japan, Venezuela, Kazakhstan and much more...

*Land line only

You could win



iPhone 4



10 phone packages include:

- free phone adapter
- free activation
- free keeping your number
- free shipping
- 3 month free service
- 3 month \$10 long distance



Start saving today!
No contract, No obligation
416-477-5585
bramatelecom.com/metrosave

To register and for full contest details visit club metro.com

News in brief



► A 2008 Dodge Caravan

Headlights may lead to minivan recall

INVESTIGATION. U.S. federal safety regulators have opened an investigation into Dodge and Chrysler minivans from the 2005 model year because the headlights can fail without warning.

An investigation could lead to a recall, although it doesn't always mean that one will be ordered.

THE ASSOCIATED PRESS

Loonie hovers just above par

CURRENCY. The Canadian dollar slipped briefly below parity with its U.S. counterpart yesterday for the first time since January before regaining strength and closing slightly above the greenback.

The loonie was ahead 0.40 of a cent to 100.80 cents US after the earlier decline. **THE CANADIAN PRESS**

Law would target ticket brokers

QUEBEC. Opponents say Quebec's proposed crack-down on online ticket brokers, Bill 25, will only create an unenforceable black market.

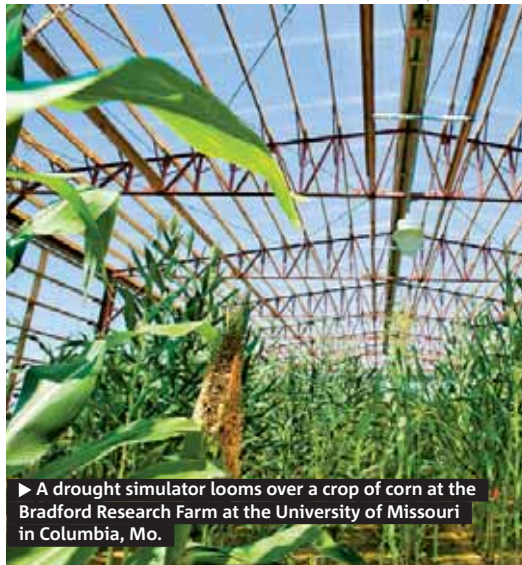
Parliamentary hearings on Bill 25 are being held this week in Quebec City.

THE CANADIAN PRESS

Drought may result in higher food prices

- Experts say poor harvest will raise prices for corn
- Other foods also forecast to become more expensive

L.G. PATTERSON/THE ASSOCIATED PRESS



► A drought simulator looms over a crop of corn at the Bradford Research Farm at the University of Missouri in Columbia, Mo.





Food prices could rise next year because an unseasonably hot summer likely damaged much of this year's U.S. corn crop.

The U.S. Department of Agriculture estimated yesterday that a surplus of 672-million bushels of corn will be left over at the end of next summer. The estimated surplus is down from last month's forecast and well below levels that are considered healthy.

This spring, farmers planted the second-largest crop since the Second World War. But high temperatures stunted the plants.

The price of corn was relatively unchanged at \$7.33 US a bushel yesterday. While that's down

Market moment

Dollar	Natural gas 1,000 cu ft
	
+ 0.4¢ (100.80¢ US)	\$3.892 (- 2.3¢)
	Gold
	\$1,813.30 (- \$46.20)
Oil	TSX
	
+ \$0.95 US (\$88.19 US)	- 238.72 (12,148.83)

from its peak of \$7.99 reached in June, it's still nearly twice the price paid last summer.

A bushel of corn equals 56 pounds.

More expensive corn drives food prices higher because corn is an ingredient in everything from animal feed to cereal to soft drinks. It takes about six months for corn prices to trickle down to products at the grocery store.

THE ASSOCIATED PRESS

Google links to hog manure

Google Inc. is investing in a project that turns hog manure into electricity.

Duke University and

Duke Energy have built a plant that captures methane gas from a hog operation in North Carolina and burns enough of it to power 35 homes a year.

The university says Google is covering some of the costs in exchange for a share of the project's carbon offset credits for reducing greenhouse gas emissions.

The Internet giant is working to make its operations carbon-neutral, and invests in a variety of proj-

ects to offset its emissions.


Open lagoons full of hog waste are a major source of methane gas, which — pound for pound — is 21 times more potent than carbon dioxide as a greenhouse gas.

The university says in a statement its system prevents the equivalent of 5,000 metric tonnes of greenhouse gases from entering the atmosphere every year — the same as taking 900 cars off the road. **THE ASSOCIATED PRESS**


NEED MONEY?
✓ No credit checks
✓ Fast approvals
Call 1 866 499-5629
And get cash now!!
www.mynextpay.com

largest selection of top brands, styles & sizes

take a walk in our shoes



QUALITY FOOTWEAR



ecco www.qualityfootwear.ca

be sure to visit any one of our 5 locations • 201 Chain Lake Drive, Bayers Lake • 1869 Upper Water Street, Halifax
5657 Spring Garden Road, Halifax • 544 Main Street, Mahone Bay • 469 Main Street, Wolfville

DEBT WORRIES?

We'll help you find the right solution to alleviate financial stress. Helping Canadians for more than 45 years.

902 425 3100

BDO Canada Limited

Trustee in Bankruptcy | Credit Counsellors | Proposal Administrators

www.bdodebthelp.ca

BDO Canada Limited is an affiliate of BDO Canada LLP. BDO Canada LLP, a Canadian limited liability partnership, is a member of BDO International Limited, a UK company limited by guarantee, and forms part of the international BDO network of independent member firms. BDO is the brand name for the BDO network and for each of the BDO Member Firms.



BIRTH ORDER NEVER TAKES A BACK SEAT

SHE SAYS ...

JESSICA NAPIER
METRO



some things; I'm the eldest, so there's no debating who gets the coveted passenger seat.

As the assertive (OK, bossy) first-born, I insist on the prime spot in the parental vehicle while he — the agreeable younger child — willingly concedes. This is just one of the many unspoken rules in our family that has come about as a result of our birth order.

While there are only 16 short months between our birthdays, my brother and I are vastly different when it comes to personality. I have always been overachieving, fiercely independent and, at times, a bit of a stress case. I am overly conscientious, have a hard time breaking rules and will people-please to a fault. In comparison, he is easy-going but less disciplined, unlikely to take charge and much more dependent.

"Birth-order stereotypes are most pronounced when it comes to only children. Without any competitors for their parents' affections, single children are perceived (sometimes accurately so) as selfish, overindulged brats."

perceived (sometimes accurately so) as selfish, overindulged brats. Oh, wait — did I forget to mention middle children? Well, that seems about right. The oft-ignored middle siblings tend to get lost in the shuffle. While it's fun to make casual observations about our own friends and families, we have to wonder whether there is any real truth behind these common stereotypes. Is there any conclusive evidence to suggest that one's position on the family totem pole really does have a definitive impact on our personality?

Birth-order theory is a bit of a grey area, both supported and refuted in the world of pop psychology. For every theorist who argues in favour of the importance of sibling sequence on overall development, it seems there are about twice as many critics raising their eyebrows. Some even equate birth order with astrology — a cute personality predictor with no conclusive evidence to back it up.

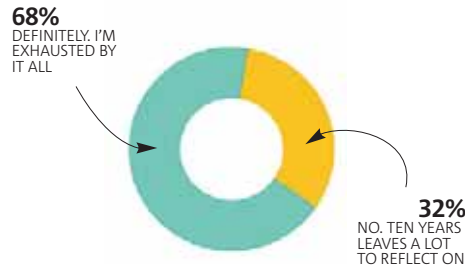
Scientific validity aside, it doesn't change the fact that I always get the front seat.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at
metropolitanpanel.ca
and take the quick poll

Was media coverage of the 9-11 anniversary over the top?



Letters

'ISLAMICISM.' It was irresponsible for the leader of the nation to use a rhetoric language against a marginalized community at a time when emotions are high and bigotry against them is at its peak.

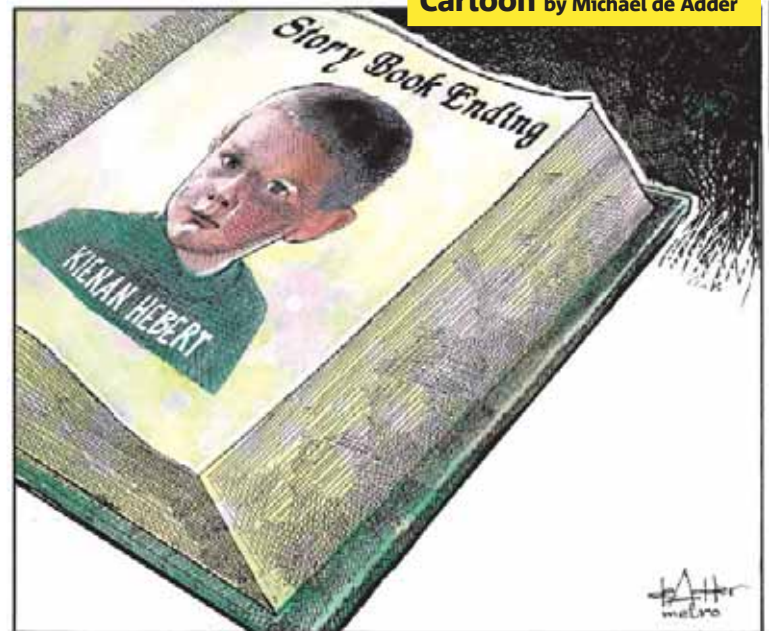
Stephen Harper did not choose his words carefully when he said to CBC that the most imminent and biggest threat the country is facing is "Islamicism."

He has used the language of fear that is based on the preconceived notion that Muslims are enemies from within whom everyone should be careful of and guard against.

Unlike Mr. Obama who had organized a breakfasting event at the White House during Ramadan and made it clear to the nation in his speech that "Muslim Americans were innocent passengers on those planes, including a young married couple looking forward to the birth of their first child. ... There in the towers where they worked together, they came together for daily prayers and meals at iftar."

Harper has used a language that divides them further.

ABUBAKAR N. KASIM
TORONTO



Cartoon by Michael de Adder

WEIRD NEWS

Tired western brands get revived in Asia

Faded and forgotten western brands are being dusted off and brought back to life by companies in Asia targeting the burgeoning number of people looking for labels to match new middle-class lifestyles.

Asians have been buying or licensing fashion names — many of them European with long and rich histories including royal connections or haute-couture origins — that have fallen out

of favour back home, as they seek to lure the region's newly affluent.

Among them are Aquascutum, founded in 1851 and whose trench coats were worn by British officers in the Crimean and two World Wars. The British label was popular with movie stars in the 1950s and '60s, but in later years its appeal fizzled. Various owners tried to turn it around before a Hong Kong company snapped up the Asian rights in 2009 and now runs dozens of Aquascutum stores in China and elsewhere.

Meanwhile, westerners are picking up on the idea, with one British start-up aiming to bring dormant luxury pen, whisky and British butcher-shop brands to Asia's growing middle classes. **THE ASSOCIATED PRESS**

2

scene

Scene in brief



Andy Whitfield, the 39-year-old star of the cable series *Spartacus: Blood and Sand*, has died. Manager Sam Maydew says Whitfield died Sunday of non-Hodgkin Lymphoma in Sydney, Australia. Whitfield was a virtual unknown when he was cast as the title hero in *Spartacus*. Whitfield was preparing for the second season when he was diagnosed 18 months ago.

THE ASSOCIATED PRESS



Scan this code or visit metronews.ca/scene to find out who was honoured at the Canadian Country Music Association Awards last night.

Not the same old hook

► Former Joy Division bass player Peter Hook talks about growing and experimenting as a musician ► Reveals his feelings about being sidelined from the New Order reunion



PAT HEALY
SCENE@METRONews.CA

METRO WORLD NEWS IN BOSTON

Peter Hook has come to terms with his musical past in a variety of ways in the last 16 months. To mark the 30th anniversary of the death of Joy Division singer and goth-rock icon Ian Curtis last May, Hook led a band through *Unknown Pleasures* in its entirety. While Hook had played bass on the original album, he tackled this commemorative endeavour as the singer. The outing was successful enough that he took the show on the road. This year he reincarnates Joy Division's more sophisticated follow-up, *Closer*. But not all of Hook's recent reckoning with his past has been happy. Last week, his bandmates in New Order (the group that soldiered on after Curtis' suicide) announced a reunion — without him. Metro spoke to the man whose style of bass playing defined post-punk music.



► This year, Peter Hook is reincarnating Joy Division's more sophisticated work, *Closer*.

At what point did you realize you were going to sing these songs, instead of playing bass? Did you ever try both?

I've never been able to do that. My son plays bass. ... It's still quite nerve-racking, especially playing Ian's parts. But my son was very supportive. He said, "Dad, it sounds fine.

Don't worry about it. It will get better." And as we practiced, it did, and I felt happy doing it.

Are you and Bernard Sumner still close at all? I was surprised to see that New Order were reuniting without you.

We are the worst of bitter sworn enemies, which

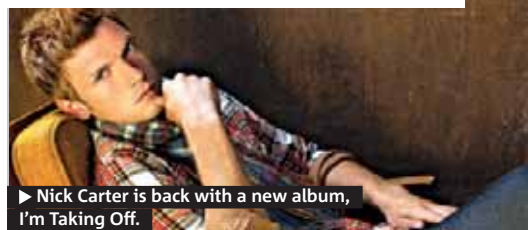
was proven this week by them starting New Order up again without telling me, the f—ers.

So you learned about the new New Order when I did?

Yes. In fact, I heard it on the radio. I'm not too bothered, to be honest. We split up five years ago and stopped working together.

And, it's a long time. And really, our relationship has been terrible ever since we stopped working together. So I'm not in a hurry to work with that bastard and I'm sure he's not in a f—ing hurry to work with me. But they didn't tell me that they had made this decision.

Sounds Like. Nick Carter



► Nick Carter is back with a new album, *I'm Taking Off*.

What is your greatest fear?

It would probably be getting old. I don't accept it. I'm gonna get younger.

What is your idea of a perfect day?

Every day is special. Every day has something perfect in it. So, there is no perfect day — every day can be perfect if you want it to be.

What or who provides your inspiration and why?

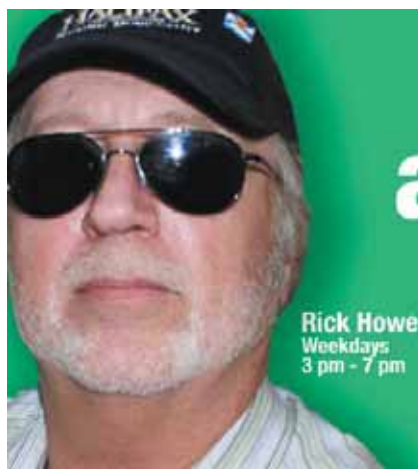
Inspiration comes from looking out in the world and paying attention to the things that are going on around you. Looking at a newspaper, or watching the news, or speaking to a friend.

What is the last thing you say



Nick Carter's back with a brand new solo album. Check out our exclusive video interview with him at metronews.ca/scene

to yourself before a show?
I don't say anything. I'm dancing.



Rick Howe
Weekdays
3 pm - 7 pm

They can't even agree to disagree.

News 95.7

ALL NEWS RADIO

Jordi Morgan
Weekdays
8:30 am - 12 pm



Clooney heads north to reveal new relationship

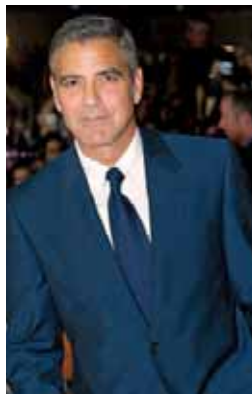
► Former WWE star holds her own on the red carpet alongside Hollywood's most eligible bachelor

George Clooney and Stacy Keibler have decided to use the opportunity of the Toronto International Film Festival to go public with their rumoured romance, according to Us Weekly.

The pair made the rounds for Clooney's two films at the festival, the

Ides of March and the Descendants, hitting up several parties.

"One of the reoccurring themes of the night was that Stacy had her own conversations going on and that she wasn't following Clooney around like a puppy dog," a source says. **METRO**



THE CANADIAN PRESS

Celebrity tweets



One would think using whitening toothpaste for one's entire adult life would result in white teeth



@diablocody



@JennyMcCarthy

I'm afraid to donate my body to science cuz I'm afraid my arm will wind up on Dr Oz.



@jimCarrey

I've always had infinite creative energy a playful nature n the courage 2 b unconventional bt envious ppl prefer to call me nuts. S'ok



@ConanOBrien

Where's my Ben & Jerry's ice cream flavor? I think people would love a bowl of "Ginger Coco Honkey Bites".

B.Coop and JLo may be an item

Jennifer Lopez reportedly shared an intimate dinner recently with Bradley Cooper recently, leading many to speculate that she's moving on from her divorce from Marc Antho-

ny with the Hangover star, according to TMZ. The pair shared a "romantic" meal at posh restaurant Per Se, sources tell the website.

METRO

Neptune Theatre
GEORGE FOSTON with the ensemble

Bell Aliant
PAY WHAT YOU CAN
TONIGHT! 8pm

NEPTUNE THEATRE'S 2011 | 2012 SEASON

FRANKENSTEIN

Dramatized by Tim Kelly • From the classic novel by Mary Shelley

SEPT 13 to OCT 9

429-7070
neptunetheatre.com

eastport
ExxonMobil
Esso
Imperial Oil
Foundation

Canada Council
for the Arts
Halifax
Arts Council
New Brunswick
Arts Council
Atlantic
Budget
The Chronicle Herald
KINGSTON

NISSAN

TITAN BY NAME TITAN BY NATURE

Titan meets the demands of today's truck owners because it has what no other full-size truck offers. Like the biggest standard engine in its class. The longest crew cab bed in its class. An available Utili-Track™ cargo channel system that offers more feet of track than any other truck in its class. A factory-installed spray-on bedliner — also a class exclusive. Class over. Innovation that conquers.

0% for up to 84 months + \$5,000 off OR UP TO \$12,000 off

50 BEST MANAGED COMPANIES

O'REGAN'S
DRIVING HIGHER STANDARDS

NISSAN
HALIFAX
DARTMOUTH

HALIFAX - 3461 KEMPT ROAD • 902-453-2020
DARTMOUTH - 60 BAKER DRIVE, UNIT C • 902-469-8484

Find us on Facebook

Some conditions apply. See O'Regan's Nissan for complete details.

WWW.OREGANSNISSAN.COM

3 life

A new study shows



13%

... is the average drop of LDL cholesterol after eating the equivalent of one bowl of oats each day for six months, a new Canadian study has found. **METRO**



SpongeBob in hot water after study shows tots have short attention span afterwards



► One of the dangers of exercise addiction is that other addictions can take over.

Addicted to exercise

► Getting fit is good ► But what happens when some people take it too far? ► Metro found out



CELIA MILNE
LIFE@METRONEWS.CA

Are you addicted to exercise? While physical activity is obviously good for you, too much exercise could signal problems brewing.

"If exercise takes over from work, social activities, and sleep, that is an unhealthy behaviour," says Wendy Lee, a kinesiologist at Bellwood Health Services in Toronto, a residential treatment centre for addictions.

"If you are exercising three to four hours a day, something else is being cut out of your life," she adds. "If you are not willing to attend family functions, that's a sign you might be going overboard. It's not normal to exercise more than two hours a day, five days a week."

An interesting Parisian study done in 2008 found that 42 per cent of people using a fitness facility were dependent on exercise. It also found those with exercise addiction were more likely to engage

in compulsive shopping.

One of the dangers of exercise addiction is that if you have to stop exercising due to injury, other addictions take over.

"If you have to stop, how would you replace that high? You could turn to drinking or drugs."

Another danger is people don't stop or slow down when they should, and could get hurt.

"If they refuse to take a rest day or stop when injured, there is something wrong."

Excessive exercise is not

a formal psychiatric diagnosis, but it could become one in the future.

Meanwhile, it is one of the criteria for bulimia.

Over 50 per cent of those with eating disorders engage in excessive exercise to keep their weight down.

"Exercise itself is a very healthy behaviour, but it needs to be done with variety, in moderation and it should be fun. If you are doing it just to lose weight and not enjoying it, that is not a healthy behaviour," says Lee.

Warning signs

We asked Wendy Lee, a kinesiologist at Bellwood Health Services in Toronto, for some signs of excessive exercising.

- You say no to social activities with friends so you can exercise
- You exercise more than two hours a day
- You would be depressed if you couldn't exercise
- You always exercise alone
- You don't get enough sleep because of exercise

Remember the mosquitoes, the dirt, and the marshmallows? They will too.

First time adventures start with Scouts: where the outdoors is the classroom and the fun just comes naturally! Our adventure-packed, hands-on programs help youth grow into great citizens, strong leaders and happy people.

Our Fully Co-ed Programs Include:

- Beaver Scouts (5-7 years)
- Cub Scouts (8-10 years)
- Scouts (11-14 years)
- Venturer Scouts (14-17 years)
- Rover Scouts (18-26 years)

ns.scouts.ca | (902) 423-9227

It starts with Scouts.

healthy minds CANADA presents

Open Minds Across Canada Mental Health Symposia 2011

Sponsored By:

SATURDAY, OCTOBER 1, 2011 - HALIFAX
Registration: 9:30 a.m. & Presentations: 10:00 a.m. to 12:00 p.m.
LOCATION: Room 1009, Kenneth Rowe Building, Dalhousie University • 1236 Henry St., Halifax

Who should attend? Families, parents, youth, seniors, health care providers, mental health professionals, educators, service providers, justice workers and the general public. Snacks and Beverages will be provided. **This is a FREE event!**

Presentations:

- **Suicide**
Presented by: Dr. Martin Alda, Dalhousie Department of Psychiatry
- **Mood Disorders and Cardiovascular Disease**
Presented by: Dr. Abigail Ortiz, Dalhousie Department of Psychiatry
- **Autism in Children**
Presented by: Dr. Lukas Propper, Dalhousie Department of Psychiatry

Register Today! - Limited Space Available!
www.HealthyMindsCanada.ca • 1-800-915-2773 ext. 21
pcincinnati@healthymindsCanada.ca

Come to...

Adorable Dog Grooming Spa's

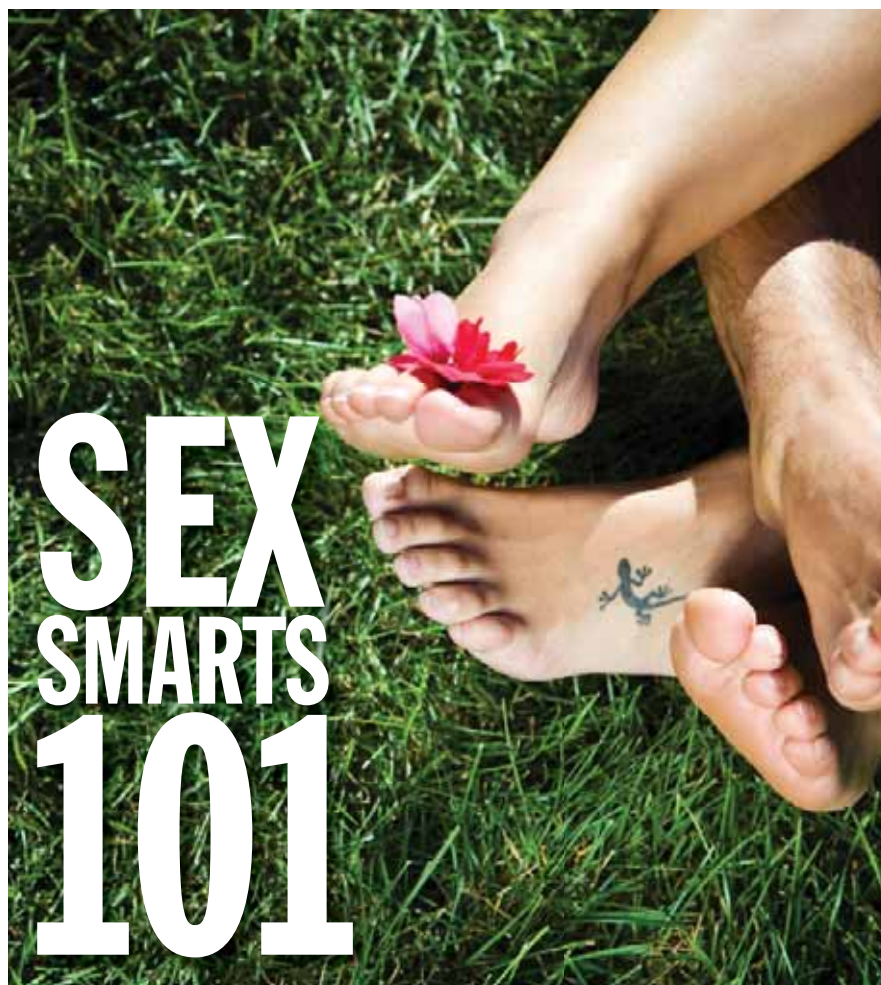
Grand Opening Celebration!

Sept 18 from 2-4pm • Treats for all!

- ✦ Introducing our new **Self Serve Dog Wash!**
- ✦ Cat Grooming
- ✦ Air Conditioned

We've moved!

to 575 Main St, Dartmouth
902.405.3647



SEX SMARTS 101



ISTOCKPHOTO/THINKSTOCK

DESIGN PICS / STOCK FOUNDRY/VALUELINE/THINKSTOCK

BANANASTOCK/THINKSTOCK

FROM FRIENDS WITH BENEFITS AND FROSH-WEEK ACTIVITIES TO DORM LIFE AND BAD REPUTATIONS, STUDENTS CERTAINLY HAVE THEIR WORK CUT OUT FOR THEM.

For women in particular, it's important to know one's limits. "Gender differences still exist," explains Milhausen. "Women are more inclined to feel regret than men are (after a sexual encounter)," she says. They also have the added worry of unwanted pregnancy, are more susceptible to STIs and, though unfair, have a higher risk of earning a bad reputation than their male counterparts. "Women tend to be the sexual gatekeepers," says Milhausen. "They have the freedom to have a lot of sex, but men have the advantage of being able to have sex and be judged less harshly." Milhausen encourages a two-

pronged contraception plan, combining a "hormonal barrier method," such as the birth control pill, and condoms, to reduce the risk of STIs and pregnancy.

Meanwhile, one hot campus trend was thrust into the spotlight when the film, *Friends with Benefits*, was released earlier this year. While parents may cringe at the idea of such casual sex encounters, Milhausen says it offers more benefits than

they might think. "In the past, casual sex was more about having sex with a stranger," she says. "Now they're having sex with someone who's a friend ... who they can also get emotional support from. It's another kind of relationship. It's not all doom-and-gloom — there can be less risk involved. I think parents are worried about this, but young people are very comfortable with it." That said, know what you're getting into, she advises. "Anyone calling you after 11 o'clock to watch a movie is a call to action," she says.

— Tanya Enberg

Socially, that is. Never mind cramming in late-night study sessions, campus life brings with it an entirely new set of lessons. According to Dr. Robin Milhausen, associate professor of family relations and human sexuality at the University of Guelph, it's a time for serious decision making.

She says students need to make "concrete" choices about their bedroom boundaries before finding themselves in sexual situations. "Students are going to be well supplied, but they have to make decisions," she says, noting that there's an abundance of sex resources and condoms available on most campuses.



Got **questions?** We've got **answers.**

WEKNOWSEX.CA

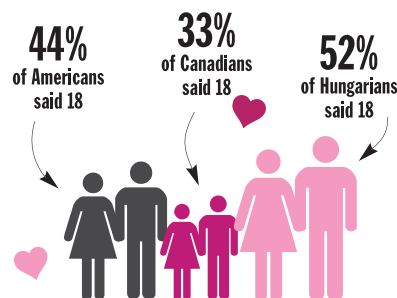
SURVEY SAYS...

FROM THE RECENT METROPOLITAN PANEL SURVEY ABOUT SEX:

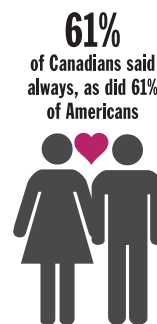


Results courtesy of the Metropolitan Panel, an online research panel dedicated to dialogue with you! Sign up for the panel at metropolitanpanel.ca, choose your country and join the global conversation.

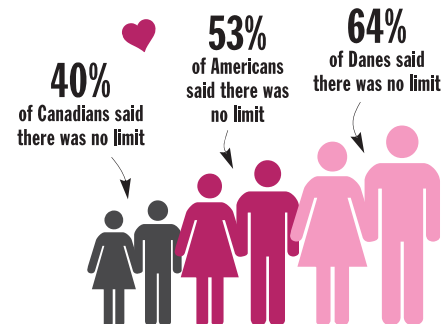
WHAT'S THE APPROPRIATE AGE TO BECOME SEXUALLY ACTIVE?



HOW OFTEN DO YOU PRACTICE SAFE SEX?



HOW MANY SEXUAL PARTNERS IN A LIFETIME IS TOO MANY?



BREAK DOWN YOUR BARRIERS

THE FAMOUS ADAGE, LESS TALK MORE ACTION, MAY HAVE FOUND THE PERFECT FIT — BETWEEN THE SHEETS.



ISTOCKPHOTO/THINKSTOCK

"A lot of people tend to overanalyze things — especially when it's about sex," says Toronto-based psychotherapist Kimberly Moffit. But, adding extra sexual sizzle needn't be scary. If the bedroom is always the go-to place for sex, try a new room.

"Grab your partner in the shower and say, 'come on, let's go!'" she says.

If you prefer discussing your desires first, getting the conversation started is easy. "You're cuddling after sex, and say 'You know honey, that was amazing, I was thinking next time we could try ...' and fill in the blanks." Flipping through Cosmo magazine is a fun, non-intimidating way to explore sex without compromising comfort zones. "You could read it together and you might find yourself getting turned on and want to try some of the ideas." Of course, sex shops are teeming with ideas and many pharmacies carry an impressive selection of sexual goodies. "A lot of couples are ready to give up — the passion's gone — but it's always possible to revive it," says Moffit.

"A lot of the time, there's not a lot of effort being put in. You have to become creative ... Relationships take a lot of work."

CAN'T WAIT TO GET

ON!



TROJAN
NAKED SENSATIONS[®]
4 different ways to get it on!



trojan.ca

TROJAN, NAKED SENSATIONS, FIRE & ICE and the Trojan Head logo are trademarks of The Trojan Company, Inc.

FIRST ENCOUNTERS

If hyper-sexualized messages are considered highly seductive forces, many modern teens are rising above it.

"Looking back at studies done in the 1990s ... today's youth are a little less likely to be having intercourse than their counterparts 10 or 20 years ago," says Alex McKay, research co-ordinator at The Sex Information and Education Council of Canada (SIECCAN). "They are also more

likely to use condoms."

This during a time of potent sexual imagery — one that saturates everything from teen dramas and music videos to highway billboards and bus shelter ads. Rather than becoming more promiscuous, the opposite is proving true.

According to the Centers for Disease Control, in 1991, 54.1 per cent of students between grades 9 and 12 reported having sex,

compared to 46 per cent in 2009.

In 1991, 46.2 per cent said they used condoms the last time they had intercourse. That number skyrockets to 61.1 in 2009.

"Today's youth, generally speaking, are more knowledgeable about sexual health and, as a result, they take better care of their sexual health," observes McKay.

In other words, knowledge is power.

"There's a belief of monkey see,



STOCKBYTE/THINKSTOCK

monkey do, but teens are smarter than that," he says.

Statistics Canada found that 43 per cent of 15 to 19 year olds had sex at least once in 2005, compared to 47 per cent in 1996-97. McKay says, on average, today's youth have sex for the first time between 17 and 18 years of age.

Despite improvements, he says

more work is needed, including teaching media literacy and consistent sexual education.

All youth should have the "skills to take care of their sexual health before they become sexually active, because after they become sexually active, it's too little too late."

— Tanya Enberg

BY THE NUMBERS

Have you ever wondered which Canadian province sells the most condoms? Or the least? Wonder no more: The following list reveals how many condoms were sold in each province or region (Newfoundland and Labrador was excluded from the survey):

ONTARIO
31,651,747

QUEBEC
16,940,462

ALBERTA
9,384,955

BRITISH COLUMBIA
8,995,550

MANITOBA & SASKATCHEWAN
4,427,107

MARITIMES
3,893,126

Source: AC Nielsen, L52W, period ending July 30, 2011

Trust the experts

*Detects the pregnancy hormone FIRST so a woman can test 5 days before her expected period!**

1 FIRST RESPONSE
Enhanced Technology First to Detect...
All other test tells you sooner

Canada's #1 Selling Pregnancy Test Brand

OVER 99% ACCURATE

2 TESTS

1 FIRST RESPONSE

LET US TELL YOU FIRST.
tellyoufirst.ca

*62% get results 5 days before expected period; 90% get results 2 days before expected period. See doctor as recommended. Use as directed.

MISSED CONCEPTIONS

EVEN AS SEXUALLY SAVVY AS WE MIGHT BE, BIRTH CONTROL MISCONCEPTIONS CONTINUE TO BREED LIKE WILDFIRE.

Even as sexually savvy as we might be, birth control misconceptions continue to breed like wildfire. Dr. Robin Milhausen of the University of Guelph, says some folks believe condoms can be re-used. "Condoms are single use and single partner," she says. Meanwhile, other myths include the idea that a woman can't get pregnant her first time having sex (uh, no); that pregnancy can't occur if a couple

has sex standing up or if the withdrawal method is used (not so, due to the risk of pre-ejaculate) and that Saran Wrap is a condom alternative (it isn't). — Tanya Enberg



OUT OF THE BOX

LUBRICATED

Straight walled condom with reservoir end with some condoms being thinner for a more natural feel.

NAKED SENSATIONS

Allows for freedom of movement for a more natural experience. Deep ribs at end and base increase stimulation.

MAGNUM

Larger than standard condoms for extra comfort while being tapered at the base for a secure fit.

HER PLEASURE

Designed to help heighten her sensation and pleasure. Deep ribs for extra enjoyment and stimulation.

FIRE & ICE

Uniquely shaped for stimulation.

FOR MORE INFORMATION, VISIT TROJAN.CA

One hit, one miss at Leicester

► This deli and cheese emporium serves up delicious sandwiches and offers a wide cheese selection ► Customer service from its young staff needs work

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA



There's something special about a quality smoked meat sandwich — the meat piled sky-

high with the mustard of your choice, in this case regular plus Dijon, on freshly baked bread.

Finally, Halifax boasts a deli where you can have



► Warmed smoked meat with veggie chips, dill pickles and coleslaw.

VALERIE MANSOUR

► **Leicester Deli and Cheese Emporium**
6253 Quinpool Rd.
431-3771

Quick solo lunch: Yes
Social lunch: Yes
Price range: \$\$
Rating: 3.5 out of 5

such an indulgence.

I order the warmed smoked meat — accompanied by veggie chips, dill pickles and coleslaw — while my friend selects an already-made turkey and cheese sandwich, with requested dill pickles.

Both are excellent. The

deli also features olives and other specialties similar to the owners' first shop, the European Pantry on Chebucto Road, but with a larger and more exotic cheese selection.

Hopefully in time the young staff will become more adaptable.

A friend happens by and requests a simple cheese sandwich not on the menu, but they can't accommodate him. He leaves empty-handed.

I am optimistic that this nicely-designed, bright and cheery deli will find its "groove" and thrive.

TALKING ABOUT MONEY

ISTOCK



► Alison's money rule: Talking or writing about your financial problems and solutions will not only inspire you but others as well.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Mary Ann Wong is a 37-year-old Winnipegger with a weakness for shoes and a love affair with cruise ships.

She also now has the heart of a lion when it comes to vanquishing debt.

"I used to say my marriage failed because I was more into my work than my husband. But the truth is a relationship with Jimmy Choo and Carnival ended things."

It was just after Mary Ann plunked down more than \$1,000 for a pair of chart-topping biker-style Jimmy Choo boots, which she intended to wear on an upcoming girlfriend Carnival cruise, that her husband packed his eight-year-old sneakers and left.

"I was so mad at myself screwing up a marriage over clothes and trips that I had to find some way to punish myself," she wrote to me last year. Her self-inflicted punishment consisted of an entire year without spending one thin dime on anything but the essentials. Before that, she'd never even gone a week without buying something. Agony.

I recently got back in touch with Mary Ann because her story might win

her \$5,000.

A new contest by Credit Education Week Canada (an initiative of the not-for-profit, credit counselling charity, Credit Canada), and sponsored by Capital One, offers three prizes, \$1,000, \$2,000 and \$5,000 to adults for a 300-word story about their experience with credit and debt and how they have conquered problems.

I love this contest because money woes are still a big taboo in our society. We'd rather reveal details of our sex lives than our financial affairs. Even if you don't win, you'd be amazed at how therapeutic writing about money problems can be.

I've seen the effect on people; the minute they admit their financial problems — whether they are of their own making, à la Mary Ann, or as a result of circumstance. You can actually see the release as stress and shame lift.

Here's a contest tip: aim for humour, inspiration and/or pathos. Those three emotions always catch judges' attention.

But hurry, you have to get your story in between this Friday and Oct. 21 and the winning entries will be published in Metro and posted on the Credit Education Week Canada site. Oh, and about Mary Ann. She and her ex are dating again.

CONTACT ALISON AT
ALISONGRIFFITHS.CA OR
AT GRIFFITHS.ALISON@GMAIL.COM

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives
Column: *Negative news provides a drag on the market.*

This column and more available at
Metronews.ca/YourMoney

Find advice on personal investing,
financial planning, student money
and calculators provided by TD Bank.

Your money section
sponsored by:



metro

Allan Small
Senior Investment Advisor – DundeeWealth

INTERACTIVE 101.3 THE BOUNCE @9

FOR SEPTEMBER 12TH

- 9 Pitbull ft Marc Anthony - Rain Over Me
- 9 Lupe Fiasco - The Show Goes On
- 9 Rihanna - Cheers (Drink To That)
- 9 Hedley ft P.Reign - Invincible
- 9 Lil Wayne - How To Love
- 9 Maroon - Moves Like Jagger
- 9 David Guetta ft Flo Rida - Where Them Girls At
- 9 Britney Spears - I Wanna Go
- 9 Bad Meets Evil ft Bruno Mars - Lighters

1013THEBOUNCE.COM

BURNSIDE HOTEL

ROOMS from \$75

2 NIGHT SPECIAL \$140

DINING ROOM & LOUNGE

739 Windmill Rd, Dartmouth • 468-7117 • burnsidehotel.ca

Full Breakfast (daily)..... \$4.99
Daily Lunch Specials (Mon-Fri).....\$6.95
Smoking & Non-smoking Rooms Available

Rooms available for meetings, weddings and parties.

'Amazing year' continues

- Djokovic beats Nadal in four sets to win first U.S. Open title
- He now has record of 64-2 this year with 10 tournament titles

Novak Djokovic produced a nearly perfect performance to match his nearly perfect season.

Returning brilliantly, swatting winners from all angles, the No. 1-ranked Djokovic held on to beat defending champion Rafael Nadal 6-2, 6-4, 6-7 (3), 6-1 last night in a final chock-full of lengthy, mesmerizing points to earn his first U.S. Open title and third Grand Slam trophy of 2011.

Djokovic improved to 64-2 with 10 tournament titles in a simply spectacular year, one of the greatest in the history of men's tennis — or any sport, for that matter.

"I've had an amazing year," Djokovic said, "and it keeps going."

Against No. 2 Nadal, Djokovic is 6-0, all in finals — three on hard courts, including yesterday; two on clay; and one on grass at Wimbledon in July. Djokovic also won the Australian Open in January, and is only the sixth man in the 40-plus years of the Open era to collect three major titles in a single season.

"Obviously I'm disappointed, but you know what this guy is doing is unbelievable," Nadal said.

Addressing Djokovic, Nadal added: "What you did this year is impossible to repeat, so well done."

Djokovic attributes his rise this season to a num-

82-3

John McEnroe's record in 1984, the best win-loss ratio in the modern era. Roger Federer was 81-4 in 2005.

ber of factors, including a vastly improved serve, better fitness — owing, at least in part, to a gluten-free diet he doesn't like to discuss in any detail — and a seemingly endless reservoir of confidence that dates to December, when he led Serbia to its first Davis Cup title.

That's where Djokovic began a 43-match winning streak that ended with a semifinal loss to Federer in the French Open semifinals. The only other blemish on Djokovic's 2011 record was a loss to Andy Murray in the Cincinnati Masters final last month; Djokovic stopped playing while trailing, citing a painful shoulder.

That was the 24-year-old Serb's last match before heading to Flushing Meadows. His shoulder was fine, clearly, and while he was treated by a trainer for a bad back three times in the late going yesterday — perhaps the reason his serves slowed to under 100 miles per hour in the fourth set — he overcame it.

THE ASSOCIATED PRESS



► Novak Djokovic reacts after winning match point against Rafael Nadal yesterday.

4

sports

Quoted



"As hard as the losses are, you've got to be able to celebrate these a little and try to remember what it feels like. Obviously, we love that feeling and want to keep it going."

BUFFALO QUARTERBACK RYAN FITZPATRICK, AFTER AN OFF-SEASON OF QUESTION MARKS AND CRITICISM, THE BILLS ARE OFF ON THE RIGHT TRACK FOLLOWING AN EYE-OPENING 41-7 WIN AT KANSAS CITY ON SUNDAY.

Minor hockey associations mandate concussion testing

Canadian minor hockey players as young as 10 years old will be put through the same concussion testing as NHLers this season.

With high-profile cases involving Sidney Crosby and other players dominating the news over the last year, concern over head injuries has filtered down to the youth ranks and a growing number of leagues are trying to address it.

They include the Minor Oaks Hockey Association, based in the Toronto suburb of Oakville, which is forcing all 2,600 of its young athletes playing atom or higher to go through baseline testing before the season starts next month.

"If we make it optional and one of the children who does not take the test gets hurt, we're still in the

\$25

Cost for each test. Minor Oaks has pledged to foot the entire bill for its players.

weeds, we haven't progressed," association executive Louis Ouellette said yesterday. "We want to make it mandatory. We

don't believe there's any valid argument not to take it."

Minor Oaks is the largest hockey association in the country to mandate the neuro-cognitive test, which is conducted by the Critical Medicine Research Group using the same so-called IMPACT standard used by the NHL, CFL and virtually every other pro-sports league.

The baseline test is conducted online and takes about 25 minutes to complete. It provides a detailed clinical report that can be used by doctors as a comparison point when trying to assess if a player has recovered from a concussion.

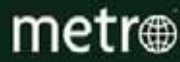
Essentially, the testing is designed to ensure that athletes don't return to action too soon.

THE CANADIAN PRESS

MoneyProvider.com
\$500 Loan
and more
No credit refused
Fast, easy and secure
1-877-776-1660
www.moneyprovider.com

HELP WANTED

General Help



NEWSPAPER PROMOTERS
Monday-Friday MORNINGS
6:30 - 9:30am
10.25/hr

Wanted: AMAZINGLY AWESOME new hand promoters to work in downtown Halifax and Dartmouth. Great position for someone who likes mornings, students, or others who have commitments during the day.

Must be legally able to work in Canada and willing to work in all weather conditions. Typically, people whom excel at this position have the following traits:

- Punctual • Honest • Reliable
- Extroverted • Driven • Organized

If you wish to apply, please forward your resume and 2 references to:

metrohalifax@hotmail.com

*only people who are selected for an interview will be contacted

AUTOMOTIVE

Cars & Trucks for Sale

\$10,470

2008 Chevrolet
Cobalt LT Coupe
4 cyl. Auto, Loaded
Cloth, 73K/kms
#u86273



407-4200

\$12,890

2008 Mazda3
4 cyl. Auto, A/C,
low kms
#A86261

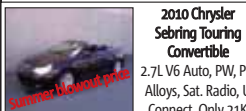


407-4200



Cars & Trucks for Sale

Cars & Trucks for Sale



#DC171857 - \$19,977



#DC296494 - \$43,977



#11T3060A - \$19,995



#CH225169 - \$22,977



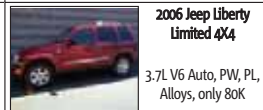
4 to choose from - \$27,995



5 to choose from - \$20,995



#LP275080 - \$21,995



#11TJ9233A - \$12,995



#IW581094 - \$19,995



#11RR2486A - \$21,995



Cars & Trucks for Sale

\$12,990

2009 Pontiac Vibe
4 cyl. Auto, 28K/kms
#M86289



407-4200

\$14,985

2010 Dodge
Caliber SXT
4 cyl. Auto, Loaded,
29K/kms
#B86319



407-4200

\$17,550

2007 Dodge Ram
1500 SLT
8cyl. Auto, Loaded,
4X4, 20" Wheels
#A86272



407-4200

\$18,977

2010 Dodge
Gr Caravan SE
6cyl. Auto, loaded,
Full Stow-N-Go, Rear
A/C, 45K/kms
#B86267



407-4200

\$18,985

2009 Chevrolet
Cobalt SS Turbo
4cyl. Man Trans,
Loaded, Sunroof
40K/kms
#U86255



407-4200

\$24,985

2009 Chevrolet
Silverado Crew cab LS
V8. Auto, Loaded 4X4
Cloth, 50K/kms
#U86301



407-4200

\$31,357

2010 Ford Explorer
Sport Trac 4x4
8cyl. Auto, loaded,
Leather, Sunroof 4X4,
44K/kms
#C86265



407-4200

\$8,970

2006 Chevrolet
Impala LS
6 cyl. Auto, loaded,
99K/kms
#U86238



407-4200

Place your ad in
Metro classifieds
metroclassifieds.ca
1 800 527-6767

REAL ESTATE

Houses For Sale

Great Handyman's Special
2-3 bedroom mobile home on 1.6 acre lot,
with well and septic in Lantz NS. Just 5
minutes to the 102 hwy
20 minutes to Burnside Industrial Park.
Owner Financing \$40,000 or \$475/month
Call today 1-866-600-8662



RENTALS

Apartments Unfurnished

1 Bedroom Apt. \$635
H/HW/PKG included. Some pets ok.
Renovated Oct. 1 - Lower Sackville
902-865-7030

PETS

Dogs

**CAVELIER KING CHARLES
SPANIEL PUPS**
needed, dewormed, vet checked & healthy.
1 male born January 6/11 - \$500
4 born April 6/11 - \$675 each
2 females 5 years for adoption
1 Westie male - \$500
902-765-0885

PERSONALS

Personals

**A Mature Escort with the
Body of a 21-yr. old!**
In/Out Service. Full Service.
www.RedHotCougar.com/ Lana at 209-6852

Massage/Therapists

John Panter, Certified Rolfer™



Are you
tired of
chronic
pain...?

902 425 2612 • fareast@auracom.com

HOUSEHOLD
SERVICES

General Services

CARPET
1000's yards of **NEW** carpet
Will carpet living room and hall
from \$389 (25yds)
Commercial/Residential/Laminate
Call Phil for **FREE**
Measure and Estimate
444-4766 www.carpetdeals.ca

Trades

ADANAC CONSTRUCTION Free Estimates!
Carpentry, Siding, Windows, Doors, Decks
and Floors. We build Sheds, Garages etc...
FULLY INSURED Call Stephen at 469-0536

FINISH CARPENTER

30 years Experience of home construction
renovations, additions, kitchens,
bathrooms, flooring, stairs, railings,
crown moldings, windows, doors and trim.
Lyndel Munro 902-252-5238
http://users.eastlink.ca/~lyndelmunro/

WANTED



AREA STIMULATION PROGRAM: 7 homes in
Nova Scotia market area will be given the
opportunity of having the Interlock® Roofing
System installed on their home at substantial
savings in return for helping us create market
awareness for the purpose of neighborhood
product visibility.

Interlock Roofing Systems are of interest to
homeowners across North America who want
a durable and beautiful roofing solution.
Interlock needs to quickly find new areas to
feature the Interlock Roofing System and is
prepared to offer substantial savings to the
next 7 homeowners that qualify.

Orders will be discounted on a first come first
served basis. Interlock Roofing Systems are
environmentally safe, come in many styles and
colors, and are backed by a **Lifetime Limited
Warranty**, 50 Year Transferable Non-ProRated,
Maritime Permanent Roofing Ltd. is one of
Nova Scotia's largest installers of metal roofing
systems. Tens of thousands of satisfied
homeowners across North America will never
re-roof again with Interlock Roofing System.
100% Financing Available. Please call
immediately if you are thinking of re-roofing,
as this is a limited time offer.

1-877-446-4407

1-902-864-0700

MaritimeMetalRoofing.com

Junk Removal

TIME TO TOSS IT
Debris removal, Estate clean-ups, small
demos, unit clear-outs, basements, yards
and construction - call 449-0232

Time to get rid of that
chesterfield?

Place your ad in Metro classifieds
metroclassifieds.ca | 1 800 527-6767

Does
your
parrot
talk too
much?

Place your ad in
Metro classifieds
metroclassifieds.ca
1 800 527-6767

LOVE TO PLAY?

Get more Metro puzzles and games on your iPhone
with the FREE Metro Play app – updated daily!

metro
play

Available on the
App Store

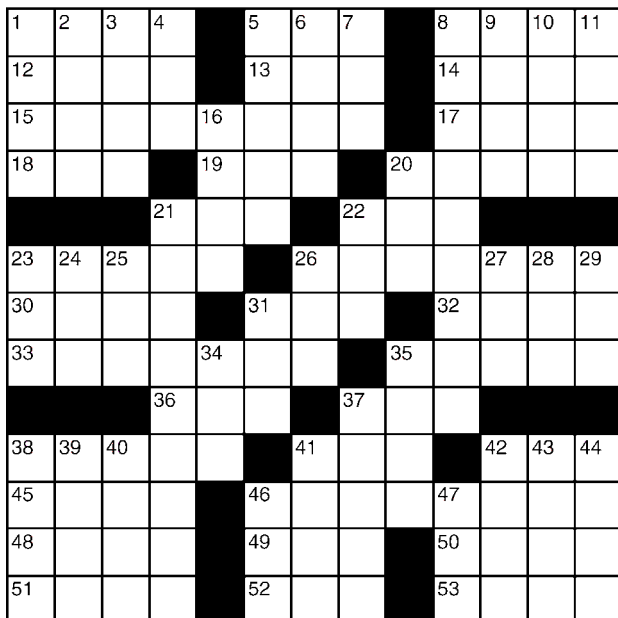


CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 – MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for any incorrect insertion of any particular ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the Customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

Crossword

Across

- 1 Swedish pop quartet
5 Distant
8 Hairless
12 Skelton's Kadiddle-hopper
13 Brazilian resort city
14 Met melody
15 Big name in appliances
17 Ponce de —
18 34-Down's mate
19 Ex-GI
20 Entry form
21 Marry
22 Dine
23 Actor Fonda
26 Sanit workers' job
30 Hertz rival
31 Transmit electronically
32 Shakespeare villain
33 Ruin
35 Build a wing
36 Peace (Lat.)
37 Mel of Cooperstown
38 "— Buddies"
41 Pair
42 Insult (SL)
45 Opposed
46 Locate precisely
48 Tilt
49 Consumed
50 Walk the floor
51 Shoppers' mecca
52 Neither mate
53 Cabbage salad
Down
1 Rue the run
2 Huff and puff
3 — noire
4 Pump up the vol.



- 5 Cooked in a skillet
6 "— Misbehavin' "
7 Decay
8 Pen type
9 Vicinity
10 MGM mascot
11 Unpleasantly moist
16 Finished
20 Vagrant
21 Cadets' place
22 Gender
23 Cushion
24 Leading lady?
25 "— the season ..."
26 Shaft of light

- 27 Moving truck
28 Time of your life?
29 Bagel topper
31 "The Simpsons" network
34 See 18-Across
35 On
37 Title holder
38 Soothing ointment
39 Draftable
40 Celebrity
41 One of the Jackson 5
42 Rotary phone feature
43 Erstwhile Peruvian

- 44 Ratatouille, e.g.
46 Zero-star review
47 Chances, for short

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

*My Venus
I know millions of people read this daily, and I want the world to know how much "I LOVE YOU". You are everything I've ever wanted, and all the times we've shared and memories we've made, I want to last forever. I'll never hurt you, or treat you bad, but Love you like no one else ever has. This I promise you! A&F*

FROM JAYJAY

*mikhail,
it was nice spending the weekend together...:) i miss you already see you soon love!*

FROM LOVELY LADY

*S,
From the minute I met you I was head over heels for you. I think about you day and night. Just wish we had more time together. Love you!*

FROM C

Today's horoscope

♈ **Aries** March 21-April 20 You are very much on the right course, so keep going.

♉ **Taurus** April 21-May 21 Resist the urge to get involved in quarrels that do not concern you.

♊ **Gemini** May 22-June 21 If there is something you want to do, something you have been thinking about for months, start it right now.

♋ **Cancer** June 22-July 22 It's likely you will feel a bit rundown over the next 24 hours.

♌ **Leo** July 23-Aug. 23 Stand back

from what you are working on today and remind yourself what the bigger picture looks like.

♍ **Virgo** Aug. 24-Sept. 22 There is someone in your life who acts like a friend but who secretly resents your success.

♎ **Libra** Sept. 23-Oct. 23 If you cannot discuss things amicably today you must agree to disagree.

♏ **Scorpio** Oct. 24-Nov. 22 If you adopt too rigid an approach on the work front you will lose out to someone who is more able to adapt.

♐ **Sagittarius** Nov. 23-Dec.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

21 Be careful what you say over the next 24 hours.

♑ **Capricorn** Dec. 22-Jan. 20 Don't make accusations that you have no way of proving.

♒ **Aquarius** Jan. 21-Feb. 18 Be brave and stand up for your rights.

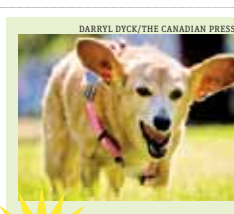
♓ **Pisces** Feb. 19-March 20. Don't take on any extra work today. You may think you can cope, you may think you have got energy to spare, but later on you may wish you had been more cautious. Think of your health, both physical and emotional.

© SALLY BROMPTON

Caption contest



"Are these tan lines obvious?" KENNY L.



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

LOVE TO PLAY?

Get more Metro puzzles and games on your iPhone with the FREE Metro Play app — updated daily!



FLIGHT CENTRE Unbeatable

Mediterranean
10-Night Cruise

\$499
from USD
+ taxes & fees USD \$111

1 866 967 5402 | flightcentre.ca

Conditions apply. Cruise prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change.

[illegible]